5280 Health

2025 EDITION • A SUPPLEMENT TO 5280 MAGAZINE

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COLORADO'S TOP DOCTORS & DENTISTS

THE INNOVATORS ISSUE

Meet The Colorado Health Care Pros Taking On Cancer, Liver Disease, Substance Use Disorder, & More

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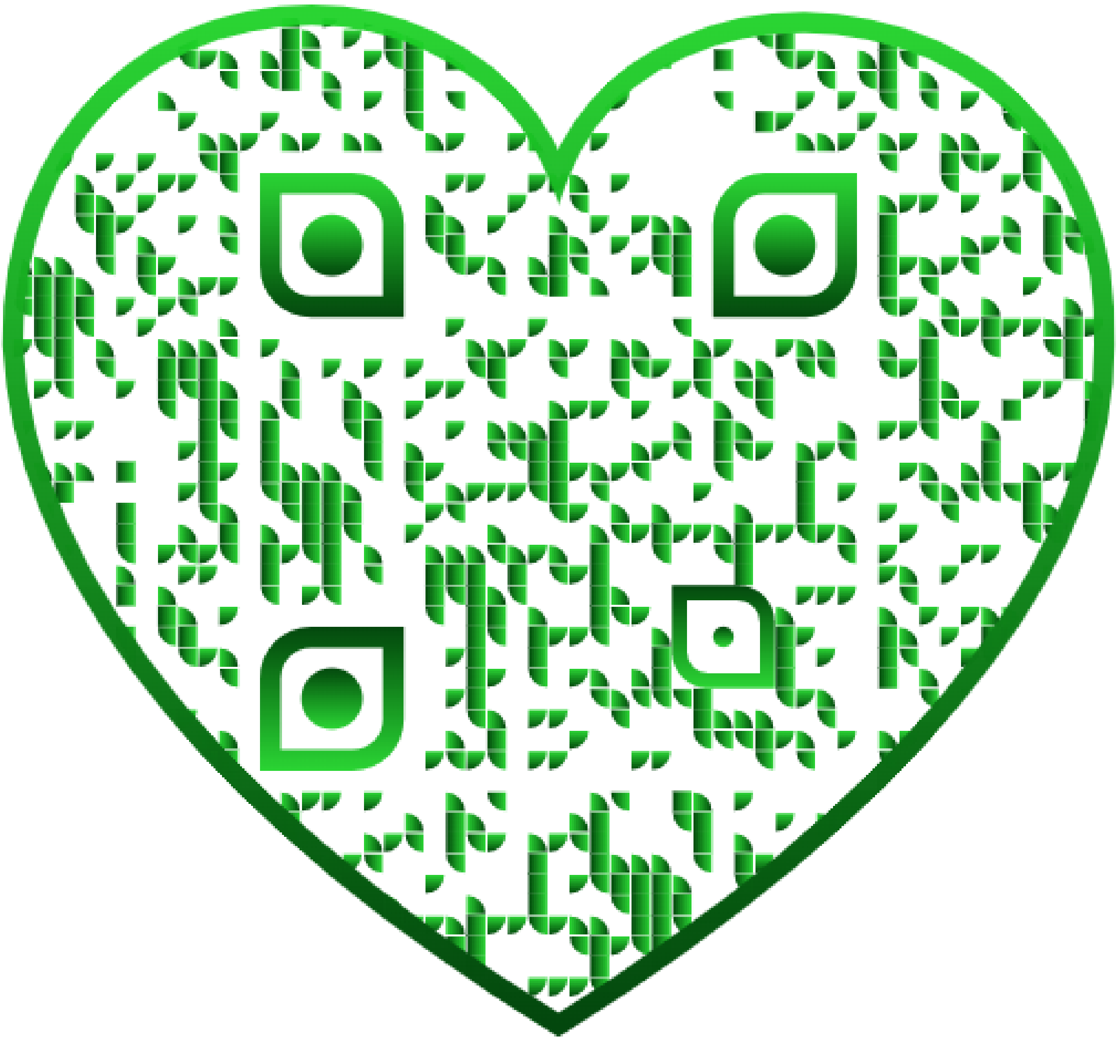

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[1] "Best Health Insurance Companies for 2024," Insure.com, March 6, 2024. | [2] The source for data contained in this publication is Quality Compass® 2023 and is used with the permission of the National Committee for Quality Assurance (NCQA). NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion, of Quality Compass data. Quality Compass is a registered trademark of NCQA. CAHPS is a registered trademark of the Agency for Healthcare Research and Quality (AHRQ). | [3] Elizabeth A. McGlynn, PhD, et al.,

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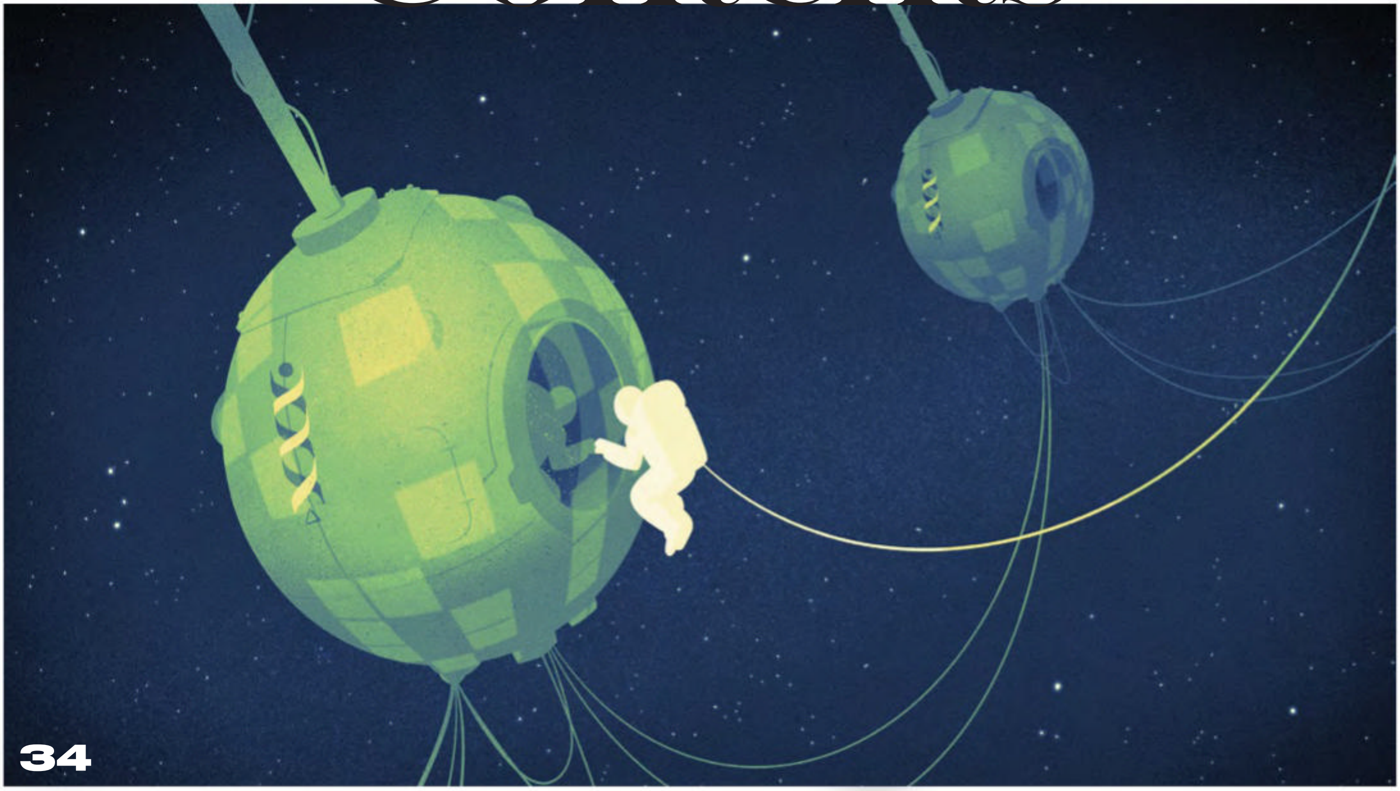

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Clockwise from top: Daniel Stolle; Jimena Peck; photo illustration by Sean Parsons (source photos by Getty Images [4]); Sarah Banks

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Take a sick day (when there's two feet of pow).

All of my problems seem small and silly after a hearty trail run on Mesa Trail in Boulder.

I try to get a solid seven hours of sleep every night—though kids often throw a wrench in my grand plans.

I welcome Robin Arzón to kick my booty during a Peloton strength class.

By practicing self-forgiveness. Mom guilt can be absolutely crushing.

My favorite way to practice self-care is by cozying up with my cats and a bag of hot chips paired with a *Sex & The City* rewatch.

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Sarah Banks

Medical Magic

My grandfather's 80th birthday was a double celebration. With our family gathered around the dining room and a mylar balloon floating above his seat at the head of the table, Pop-Pop ushered in his eighth decade, cancer-free.

He had been battling colon and liver cancer for more than a year, underwent multiple rounds of chemotherapy, and, in stubborn New Yorker fashion, had seemed to come out on top. And yet, exactly one month after we raised our glasses to him being in remission, on January 11, 2020, he was gone.

I was overwhelmed by the unfairness of it all. Didn't the universe know that Pop-Pop never lost a fight? Didn't it know that this was the man who attended every dance recital I ever had, wowed my sisters and me with a disappearing card trick each time we came to visit, and taught me how to drive? Didn't it know I wasn't ready to say goodbye?

If it knew, cancer didn't seem to care. It never does.

Roughly two million Americans were diagnosed with cancer last year, according to the National Cancer Institute. Some will live to be 100. Others may never see their high school prom. In many ways, cancer feels like a cruel game of chance, but for this issue's cover story, we spoke with Colorado health care experts about groundbreaking tools and treatments they're developing to make the fight against cancer more about science and less about luck.

In "Evolutionary Oncology" (page 34), you'll meet two researchers from Children's Hospital Colorado who've discovered a new therapy that could eradicate a rare, aggressive childhood tumor; a cardio-oncologist protecting cancer patients from future heart disease; a University of Colorado Boulder research team that is figuring out how to grow stem cells in space; and more inspiring innovators.

But in this issue, which compiles the best of *5280*'s health content over the past two years (fact-checked and updated where possible), we detail exciting advancements happening all over the industry. We dive into the new frontier of using mushrooms to boost mental well-being ("Spore Treatment," page 13), a burgeoning program from the University of Colorado College of Nursing that supports pregnant and postpartum women battling substance use disorders ("It's All In The Delivery," page 18), and the merits of cold plunging ("Cold Comforts," page 20).

My hope is that the ingenuity in these pages might provide some solace to anyone grappling with an unresolved health problem, be it in yourself or a loved one. Although the oncology breakthroughs we detail won't bring back Pop-Pop, I sometimes wonder what I would say to him if they could. The truth? I'd ask him how he pulled off that magic card trick.

JESSICA GILES
Editor

jgiles@5280.com

Want to stay up to date on all the Mile High City's health trends? Visit 5280.com to discover new ways to be well. From our favorite hikes near Denver to secret cycling spots to tips for avoiding injuries on the slopes, you'll find endless guides for getting your fitness on outdoors—plus plenty of in-depth reporting on impressive medical advancements spearheaded by Colorado doctors and researchers.

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Could functional mushrooms become the next CBD?

Fungi have long been symbols of decay and witchcraft, but recently, our cultural mycophobia has been giving way to wellness-driven mushroom mania. Studies suggest that pompom-shaped lion's mane (*pictured*), for instance, can promote brain health and that cordyceps—the cause of the zombie apocalypse in HBO's *The Last of Us*—exhibit cancer-fighting properties. "I think these types of functional mushrooms have more potential to help humanity than psychedelic mushrooms and CBD combined," says veteran Colorado mushroom forager Del Jolly. That prospect inspired him to co-found Longmont-based Umbo in 2020 with Rashad Evans, a former UFC fighter based in Boca Raton, Florida, and retired Denver Broncos quarterback Jake Plummer. Plummer, who lives in Boulder, also co-founded MyCOLove Farms, a gourmet and functional mushroom grower in Fort Lupton. Umbo's shroom-packed snack bars, tinctures, and supplements are intended to boost customers' mental and physical well-being, though scientists still haven't conclusively determined functional mushrooms' health benefits. Neverthelesss, the value of the sector is expected to reach $20 billion worldwide by 2030, according to Allied Market Research. And with plans to launch a new line of energy and recovery shots in early 2025, Umbo is positioned to mushroom along with the rest of the functional fungi industry. –**CHRIS WALKER**

PHOTOGRAPH BY JIMENA PECK

Put Me In, Coach

You know the phrase: new year, new you. But self-improvement doesn't always have to take the form of a gym membership or a healthier diet. These three local wellness experts have new projects designed to coach you up in unconventional ways. –CW

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	Peter McGraw	**Kendra Williams**	**Scott Carney**
	This University of Colorado Boulder behavioral economist is best known as the co-author of 2014's *The Humor Code,* which seeks to answer a deceptively simple question: What makes something funny?	Williams learned a lot about herself and motherhood when she left a corporate job to become a stay-at-home mom in 2017. Three years later, she decided to share that hard-earned knowledge as a motherhood coach.	Carney, a Denver-based journalist, has written six books, including 2017's *What Doesn't Kill Us*, a *New York Times* bestselling tome that investigated cold exposure therapy and helped launch the ice bathing trend.
CURRICULUM	Since 2019, McGraw has hosted *Solo: The Single Person's Guide to a Remarkable Life*, a podcast that explores how loners can flourish despite unfair judgments by everyone from parents to insurance companies.	In addition to one-on-one and group coaching, Williams doles out provocative parenting tips on social media, where she's amassed nearly 100,000 followers on Instagram.	Carney occasionally offers in-person training on emotional and physical resilience based on his 2020 book *The Wedge*, which examines how to push the limits of the human body, or you can watch his TEDx talks online.
NEW PROJECT	In January 2024, *Solo* got some company in the form of McGraw's new book by the same name, a science-backed celebration of single life that provides tips on finding purpose, self-love, and connection.	Her *Free The Mother* podcast, which debuted in early 2024, is based on a singular truth: Motherhood changes who you are. Each episode focuses on a different transformation new moms experience, including to their bodies, marriages, and friendships.	His book *Dream*, published in January 2024, covers the latest research on how dreams affect human consciousness and the surprising ways we can influence them, including for therapeutic and athletic benefits.
SAMPLE INSIGHT	"If you're struggling in a traditional romantic relationship, that may not be because there's something wrong with you," McGraw says. "There may just be something wrong with that relationship for you."	"Burn your outdated 'superwoman cape,' replace three acquaintances with one bestie," Williams wrote on Instagram. "Stop giving a f#k about what others think, and drink 80 ounces of water—you're literally dehydrated."	Wish you could remember your dreams? Carney recommends yoga nidra, a form of guided meditation that traces its roots to India and has been proven to help practitioners enter and recall a dreamlike state without falling asleep.

ILLUSTRATION BY STUDIO MUTI

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Infinite Wisdom

Diamonds aren't the only things that last forever. Per- and polyfluoroalkyl chemicals (PFAS) can take more than a millennium to break down—and are potentially carcinogenic. That's why Colorado's Legislature banned the chemicals in 2022. The first phase went into effect in January 2024, and this year, the embargo will expand to include cosmetics and beauty products. Fortunately, there are plenty of Colorado-made, PFAS-free products ready to revamp your skincare routine. —COURTNEY HOLDEN

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Medicine

It's All In The Delivery

Rates of overdoses in pregnant and postpartum patients are surging. The University of Colorado College of Nursing hopes to produce solutions.

After witnessing her parents suffer from addiction, Felicia Gonsalez swore she'd never touch drugs. But when her 18-year-long marriage ended in a difficult divorce, Gonsalez began dating a man who struggled with substance use and soon found herself using opioids. Within a matter of months, she lost her job, her house, and her car to her addiction. The then Pueblo resident tried to recover dozens of times over the next three and a half years, but it wasn't until after Gonsalez gave birth to her third child in 2021 that she admitted herself into a rehabilitation program. She's been sober ever since.

Other expectant and new moms have had a more difficult time overcoming substance use. According to a 2023 Colorado Department of Public Health and Environment report, accidental overdoses are the second-leading cause of death among pregnant women in the Centennial State, behind suicide, and in a 2023 *JAMA Psychiatry* study, researchers found that overdose rates in pregnant and postpartum patients older than 35 tripled nationwide between 2018 and 2021. While the reasons for the increase are unknown, the paper's authors noted that the stigma surrounding drug use could prevent patients from seeking help.

In January 2023, the University of Colorado College of Nursing responded to this growing crisis by launching an initiative that delivers no-cost, judgment-free assistance directly to new and future moms in the Denver metro area. The Recovery Coach Doula Program employs caregivers who themselves have survived substance use. Like traditional doulas, they prepare women for childbirth and support them during labor, but they also have another duty: to advocate for their patients' specific needs. Gonsalez, who trained as a doula after becoming sober and joined the program's staff in February 2024, recalls a delivery in which the nurses blamed the baby's low blood sugar on the client's withdrawal mediction. The issue? The mother wasn't on withdrawal medication. "These moms already have so much guilt," she says. "It's our job to speak up for them."

The mother's care continues after birth with Gonsalez and Britt Westmoreland, the program's coordinator and only other recovery coach doula, helping clients manage their substance use disorders by connecting them with recovery resources, providing emotional aid, and offering one-on-one coaching for 12 months after delivering. That time frame is key. Patients who suffer from addiction see increased rates of overdoses for up to a year following birth, but "in a typical medical setting," Westmoreland says, "postpartum mothers get one checkup six weeks after birth, and that's it."

> "It's our job to speak up for them."

After two successful years that saw Gonsalez and Westmoreland assist some 60 mothers, the program is expanding to Fort Collins and Pueblo. In the latter, drug overdose rates nearly tripled between 2001 and 2016. CU is currently hiring two more doulas for those additional locations, but in the meantime, they've partnered with Pueblo-based health care teams who attend patient deliveries on their behalf. "I always tell my clients, 'I wish I had a *me* when I was going through my addiction,'" Gonsalez says. "It's nice to have support and resources that you don't know how to get when you're in such a dark place." **—BARBARA O'NEIL**

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Cold Comforts

A new wellness trend is linked to a slew of benefits—if you're willing to chill out.

The first thing to know about cold plunging—the act of dunking yourself in frigid water for an extended period of time—is that it may induce total bliss, pure agony, or both. "It's completely subjective," says Justin Weiss, founder of Colorado cold plunge group Ice Church. What's more definitive is that the practice is heating up thanks to its purported health benefits, including remedying chronic pain, inflammation, and post-workout soreness. (There are dangers, too, such as hypothermia and cold shock, so start slowly, don't dunk alone, and make sure you have dry clothes and a place to warm up quickly.) Weiss battled fibromyalgia for years until he discovered cold immersion in 2015. "In a few days, my pain was melting away," he says. But finding the right place to take a plunge can be, well, mind-numbing, so we've rounded up four of our favorites for breaking the ice. –JENNY MCCOY

If You Like To Jet Set

IRON MOUNTAIN HOT SPRINGS

There are 32 mineral and freshwater pools at this Glenwood Springs hot spot, but only one is chilled. The frosty, 55-degree tank fits four and features reflexology stones at the bottom so you can massage your tootsies as they freeze out. After your plunge, warm up with a trip around the globe—the resort has 12 tubs with mineral water formulas that mimic famous international hot springs, including Iceland's Blue Lagoon and a Japanese onsen. *From $44 for three hours*

If You're A Serious Athlete

DENVER SPORTS RECOVERY

This LoHi fitness rehab center has a slew of post-workout resources, including three cold plunge pools ranging from 35 to 52 degrees, which it claims can help diminish inflammation and assist muscle recovery. Expect an intense experience: Each pool is equipped with jets that prevent your tiny body hairs from trapping air bubbles against your skin and warming them. *$35 for a 24-hour pass*

If You Crave Companionship

ICE CHURCH

Founded by Weiss in 2019, Ice Church hosts casual outdoor gatherings every Sunday in Crestone and, occasionally, in Boulder and Denver. Although water temps are on the cooler side (about 29 to 39 degrees) and each dip takes place in a horse trough, Weiss says the events are far from hardcore. Instead, there's a focus on community, and Weiss will coach you through the experience, starting with pre-plunge breathing exercises. Some weeks, he says, "we're eating sushi and sausage and oysters in the bath." *$15 to $60; times and locations vary*

If Your Vibe Is DIY

CLEAR CREEK

You'll find Denver-based Ironman athlete and cold-water immersion enthusiast Eric Hinman's favorite spot for an outdoor dunk next to Golden's public library in Clear Creek. Access is easy (park at the library), and the deep, natural swimming hole is big enough for group outings. Hinman visits year-round but cautions dunkers to be on the lookout for ice patches that could trap them under the water during winter. *Free*

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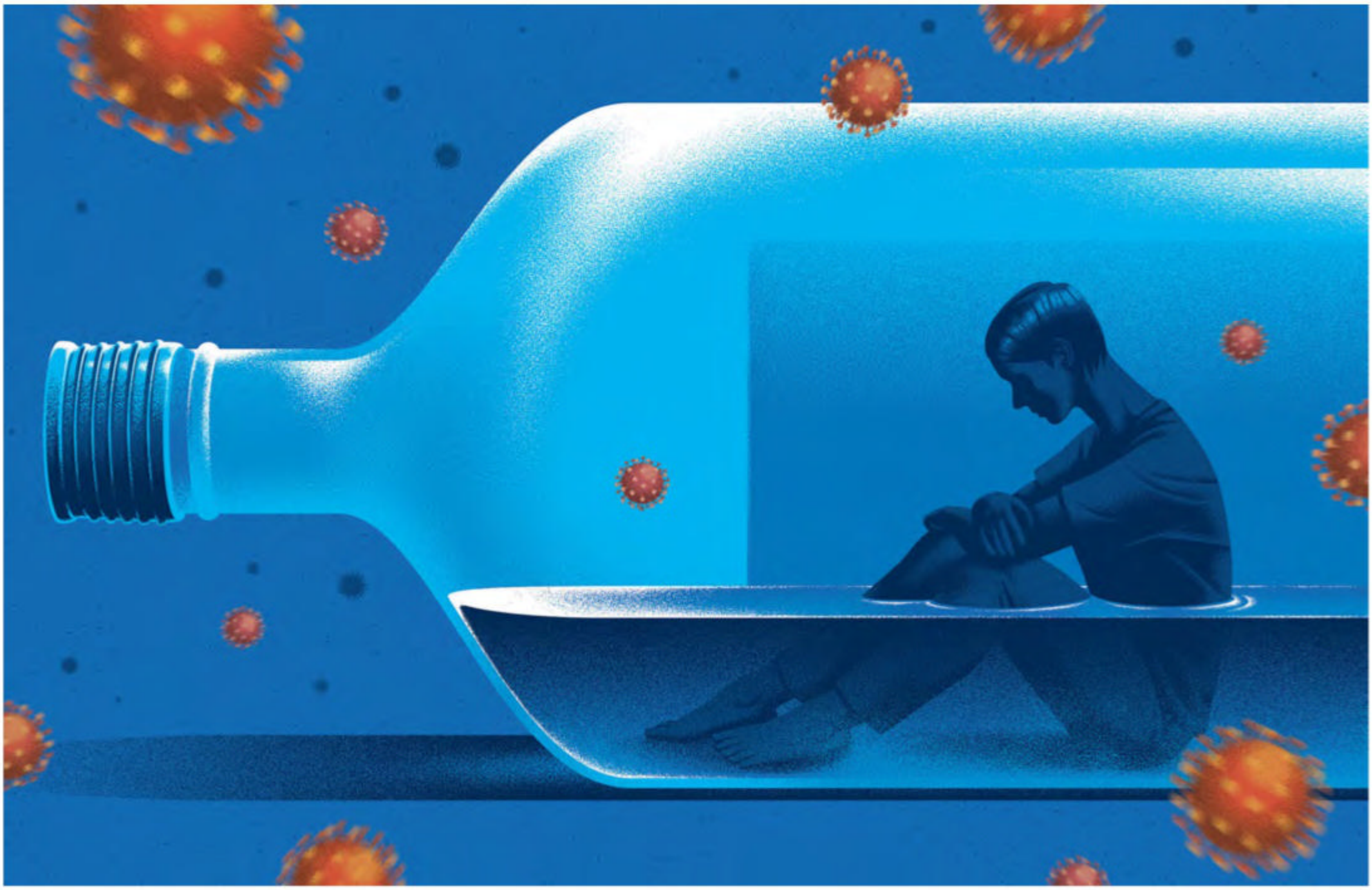

Overserved

COVID-19 culture drove us to drink. Now, Colorado hospitals are grappling with soaring levels of liver disease.

BY JULIE DUGDALE

Nora began drinking heavily in her late 30s, turning to alcohol after the demons of early childhood trauma resurfaced. A self-described emotional drinker, the forty-something Denverite, who asked that her real name be withheld to protect her privacy, says her consumption only increased during the COVID-19 crisis. "You'd be seeing all these memes on social media at 2 p.m. that people were having wine parties together," Nora says, "so you'd feel comfortable doing it as well."

But after a two-week bender in early 2021, Nora woke up feeling more broken than usual. Finally listening to her overtaxed body, she quit cold-turkey and, through counseling, her mental health improved. The physical damage, however, was done. Less than a year after she got sober, physicians at UCHealth University of Colorado Hospital diagnosed Nora with liver cancer caused by alcohol abuse. "I own my actions," she says. "I hold no fault toward anyone. The first thing my doctor told me was, 'You gave yourself cancer.'"

Nora wasn't the only person to drink themselves sick during the pandemic. According to the Centers for Disease Control and Prevention (CDC), the number of Coloradans who died from alcohol-associated liver disease (ALD) increased by more than 32 percent from 2019 to 2021. That's reflective of the trend across the United States, where such deaths rose by more than 17 percent a year between 2019 and 2021, dwarfing the 3.5 percent annual increase over the previous decade. Still, Colorado stands out: Researchers at Cedars-Sinai Medical Center in Los Angeles ranked Colorado among the top six states for the number of ALD-related deaths during the pandemic.

Not only are Coloradans—and Americans in general—developing ALD more frequently, but they are also doing so much earlier. People between the ages of 25 and 44 represented the sharpest upswing in the United States between 2019 and 2021, a statistic Dr. Elizabeth Pomfret, former chief of the transplant surgery division at UCHealth, has witnessed firsthand. In the past, most of Pomfret's patients were in their late 50s and 60s and feeling the effects of a lifetime of steady drinking. Today, her patients are often parents of school-age kids and younger professionals who upped their intakes during the pandemic to cope with employment uncertainties, health fears, homeschooling, and quarantine challenges. Says Pomfret, "It's really been staggering and eye-opening for all of us in the transplant community to see just how unbelievably the incidence of really strong, strong alcohol use has changed things."

IT'S NO SECRET that Coloradans love their booze. The Centennial State boasts some of the nation's lowest taxes on liquor, beer, and wine, meaning imbibing

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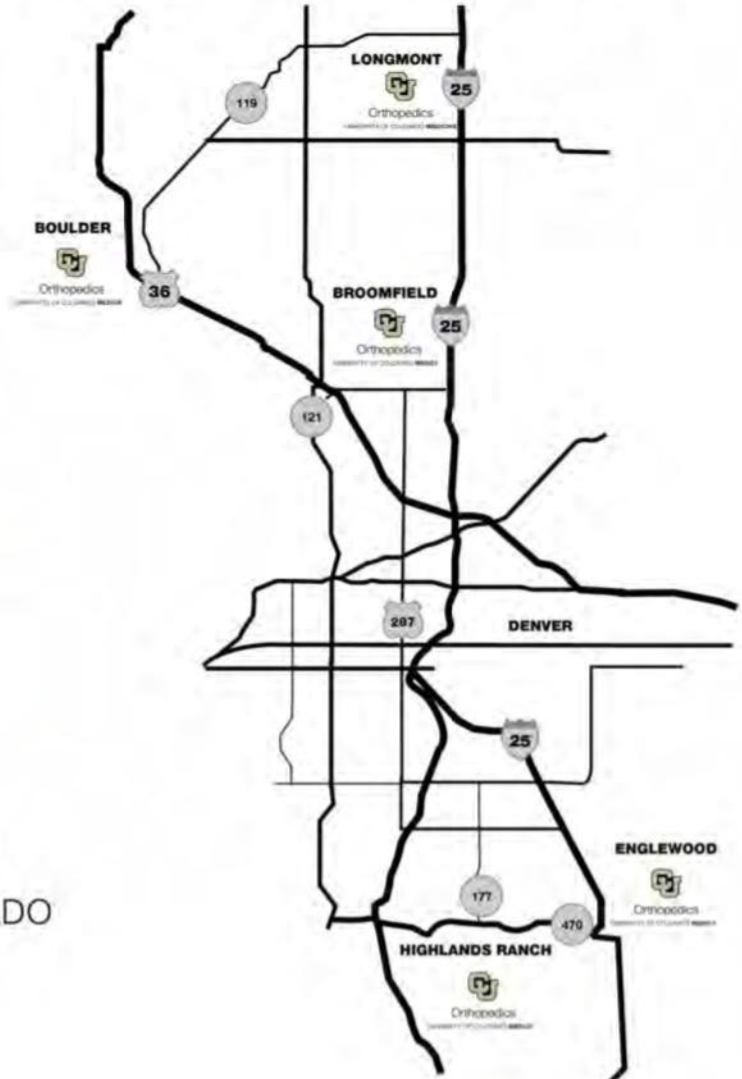
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is more affordable here than in most places. And though it's only the 21st largest state by population, Colorado is home to the country's fifth-highest number of craft breweries. Locals were feeling the negative effects of outsize consumption even before COVID-19: Colorado's alcohol-related deaths have significantly outpaced the national rates for the past decade. "It's been bad for a long time," says Dr. Bill Burman, former director of the Public Health Institute at Denver Health. "We have just failed to recognize it. We're so used to it that we don't see it."

Nevertheless, local governments went to great lengths during the pandemic to keep Coloradans' glasses full. After the infamous Denver Prohibition of March 2020, when the city announced liquor stores would not be included among the list of essential businesses and, thus, would have to close temporarily, then Mayor Michael Hancock reversed that decision. (The mayor wasn't only bowing to constituent pressure. Health experts warned that alcoholics could die from withdrawal if forced to go cold-turkey.) The state then issued an emergency executive order that, among other things, allowed restaurants to serve takeout alcohol. In June 2021, Governor Jared Polis signed legislation that extended the order. Now, adults can grab a pitcher of margaritas or an old-fashioned to-go between 7 a.m. and midnight daily.

Also during the pandemic, viral drinking jokes began filling social media feeds. Posts about "mommy juice" and recipes for "quarantinis" seemed to especially target women, who were often left to balance their full-time jobs with their children's educations and well-being. "There was a meme going around that [said], 'When I wear a face mask, nobody can smell that I've been drinking,'" Nora says. "It might've been tongue-in-cheek, but it was very real."

While booze continued to flow freely, those who suffered from alcohol misuse suddenly found themselves without the social structures they depended on to stay sober. A crucial treatment strategy, says Dr. Jonathan Ritvo, senior medical director at UCHealth's Center for Dependency, Addiction and Rehabilitation, is helping people discover common ground with others who have similar experiences. But for up to two months after COVID-19 hit, some Alcoholics Anonymous (AA) meetings were only available virtually. "The loss of their regular in-person meetings, loss of community and connections...was maybe the most important factor in relapse," Ritvo says. "The loss of structure in not going to work, which made it possible to drink during the workday, played a role, too. Human

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connections are the most important antidote to an addiction."

There are three stages to ALD: fatty liver disease, which rarely results in symptoms and is reversible; hepatitis that can lead to nausea, jaundice, and belly pain, but is also often reversible; and cirrhosis, where the scarring of the organ becomes so severe that a transplant is sometimes the only remedy. Other complications of ALD include, as in Nora's case, cancer, which is usually treatable. But livers don't typically fail from ALD overnight, Burman says, which suggests that Centennial Staters have been drinking to an unhealthy extent for a long time. COVID-19 just accelerated their reckonings.

WITH A GROWING contingent of heavy drinkers showing signs of liver disease, it's not surprising to learn that ALD patients made up about 32 percent of those on the U.S. liver transplant list in 2020, compared with 22.2 percent a decade before, according to the U.S. Department of Health and Human Services. Although state numbers are not available, Pomfret says the number of Coloradans who need a transplant because of ALD has increased dramatically since early in the pandemic. (Currently, 152 people in Colorado are waiting for new livers.) The upshot: There's an organ supply shortage throughout the country, one that UCHealth hopes to help mitigate in Colorado through the adoption of new technology.

Like kidneys, livers can come from both deceased and live donors, which, in theory, expands the pool. However, barriers to live organ donation—which include large incisions, a lengthy recovery, and the inherent risks of surgery—are hefty. (The University of Colorado Hospital suspended its program for a short time in 2010 after the death of one of its live donors.) It's not a sacrifice many are able or willing to make, especially if the donation is nondirected, meaning the liver goes to a stranger.

UCHealth already boasts one of the largest nondirected liver donor programs in the country. In 2024, six percent of UCHealth's liver transplants were from people the patient didn't know, compared with about one percent worldwide. Pomfret can't point to a specific reason why that's the case, so she chalks it up to Coloradans' altruistic nature. In an attempt to grow UCHealth's stock and make liver donations less daunting, in June 2023, Pomfret's team performed its first robotic hepatectomy, which involves less cutting and a shorter recovery time for donors.

The first person to go under the UCHealth robot's knife, Danel Kuhlmann, 54, had previously given a kidney to her mother before bestowing a part of her liver to a stranger. "I believe in technology and advancements," Kuhlmann says, "and I'm a big believer in jumping on board with change. I wasn't scared of the robot, [which] can help them see 10 times what the naked eye can see." After the operation, Kuhlmann returned to near full speed in weeks, about half the typical recovery time, without any significant scars. That's part of the reason why Pomfret believes robotics will not only boost the number of live donors but also reduce economic inequities in the transplant system, as underserved folks often don't have anyone within their circles who is both a match and can afford to take extended time off work.

Another way to address ALD, says Dr. Clark Kulig, a transplant hepatologist formerly at HCA HealthOne's Presbyterian St. Luke's hospital, is through early detection. Because livers heal themselves so efficiently, a slow buildup of scar tissue wouldn't necessarily be detectable until heavier drinking (say, stress binging during a global pandemic for two years) accelerated the damage. Kulig suggests that an elastography—a type of noninvasive test that sends vibrations into the liver to detect scarring—should be the norm. The procedure is covered by most insurers, Kulig says, but most patients don't realize it's an option. "It's really hard to tell who's scarring, short of a liver biopsy," Kulig says. "People who drink a certain amount per week could get this test to understand if that's hurting their liver. Maybe every couple of years."

Meanwhile, the surge of ALD has forced an adjustment in the dynamic of care. Rehab, social support, and abstinence used to be required to even get on the transplant waitlist. Now, patients sometimes arrive too sick to delay treatment. "We had to change the entire structure of how we conduct the evaluation," Pomfret says. "How do we build [these treatments] on the back end now and get these people the support they need? It's really put an enormous burden on the health care system."

MEDICAL ADVANCES will only treat one end of the ALD crisis; social programs, public outreach, and policy interventions may be the best ways of curbing drinking before patients reach liver failure. But following Prohibition in the 1920s and early 1930s, "drink responsibly" has been the most widespread rallying cry about the adverse effects of alcohol—and it's clearly not working. "I don't know that the inaction is due to the power of the [alcohol] industry," Burman says. "There hasn't been a serious attempt that might trigger vigorous pushback. I suspect the libertarian background of the West is part of the answer."

Burman points to the successful anti-smoking initiative as a possible road map for influencing drinking behavior. That effort largely began in the 1960s with the U.S. Surgeon General's report linking tobacco to cancer and ramped up when federal and state governments increased taxes on cigarettes and sued the major tobacco companies.

Jenn Jones, whose liver succumbed to alcohol-induced hepatitis and cirrhosis in 2018, knows how damaging a lack of social support can be. The 52-year-old drank to excess to numb symptoms of complex PTSD, major depressive disorder, and general anxiety disorder, largely stemming from intimate partner violence. After nearly drinking herself to death, the shame overwhelmed her. Only the rekindling of a strong connection—in her case, caring for her beloved dog—helped her take steps toward recovery. "He needed me, I needed him," she says. "Finding that short-term purpose really got me through that initial point in time."

ALD carries a stigma, Jones says, that makes it difficult for people to advocate for themselves and determine the most effective course of treatment and healing. Often, she says, people won't admit how much they drink to their doctors because they're ashamed. So last year, Jones founded an Aurora-based organization that's now known as Sober Livers to help people like herself navigate an ALD diagnosis. By restructuring as an official program of the nonprofit Fatty Liver Foundation, Sober Livers will be able to apply for grants to build out initiatives such as facilitated online group support and resource sharing networks. It will also provide access to an advisory group of medical providers who will offer the latest news and information about ALD. The overarching mission: to engender a sense of purpose, belonging, and connection.

But until more healthy livers become available, patients like Nora will either get lucky or they will die. In December 2022, after three potential donors fell through, Nora received a transplant and is today healthier than she's ever been. Looking back, it's clear that her mental health struggles were no match for COVID-19's booze-as-survival culture. "It was normalized, and triggers were so easy," she says. "Who wasn't drinking during the pandemic?" She has, however, been able to forgive herself: "You are not your mistakes." Nevertheless, you still sometimes have to pay for them. ✚

Julie Dugdale is a Denver-based freelance writer. Email feedback to letters@5280.com.

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Yet my greatest passion lies in enhancing my patients' self-esteem through surgery of the eyes and surrounding areas. The transformations I see in patients, freed from insecurities about their appearance, are incredibly fulfilling. After completing my oculoplastic surgery fellowship in San Diego, I moved to Denver to join a large eye group. It didn't take long for me to realize that this setting couldn't offer the level of personalized care I felt my patients truly deserved. In 2009, I took a bold step and established my own practice.

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- Associate Clinical Professor, University of California, Irvine Department of Dermatology
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- Case report editor, Journal of Drugs in Dermatology
- Member, ASLMS Safety Awareness Committee
- Video editor host, *Modern Aesthetics Magazine* and *Practical Dermatology Magazine*
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Dr. Aristides K. Maniatis is honored to have been selected as a Top Doctor for the ninth consecutive year (2016-2024). He founded RMPE in 2013 and leads an outstanding team, including his long-standing certified pediatric nurse practitioner, Mako Sather.

Dr. Maniatis is a Denver native who graduated from the University of Colorado with a double major in molecular biology and biochemistry. He attended Harvard Medical School and completed his pediatrics residency and pediatric endocrinology fellowship at Children's Hospital Colorado. Dr. Maniatis is double-board certified in both pediatrics and pediatric endocrinology. Mako Sather completed her post-master's program at the University of Colorado Health Sciences Center (UCHSC).

Dr. Maniatis is an Associate Clinical Professor at UCHSC teaching physician assistant students. He has been the U.S. spokesperson for Growth Awareness Week for the past seven years (2018-2024). He is also faculty with the nonprofit organization Medical Education Resources and gives national lectures to primary care physicians. He is the keynote speaker (2018-2024) for the MAGIC foundation, a nonprofit patient advocacy group for children with growth disorders. He lectures extensively at both national and international endocrinology meetings and has several publications to his credit.

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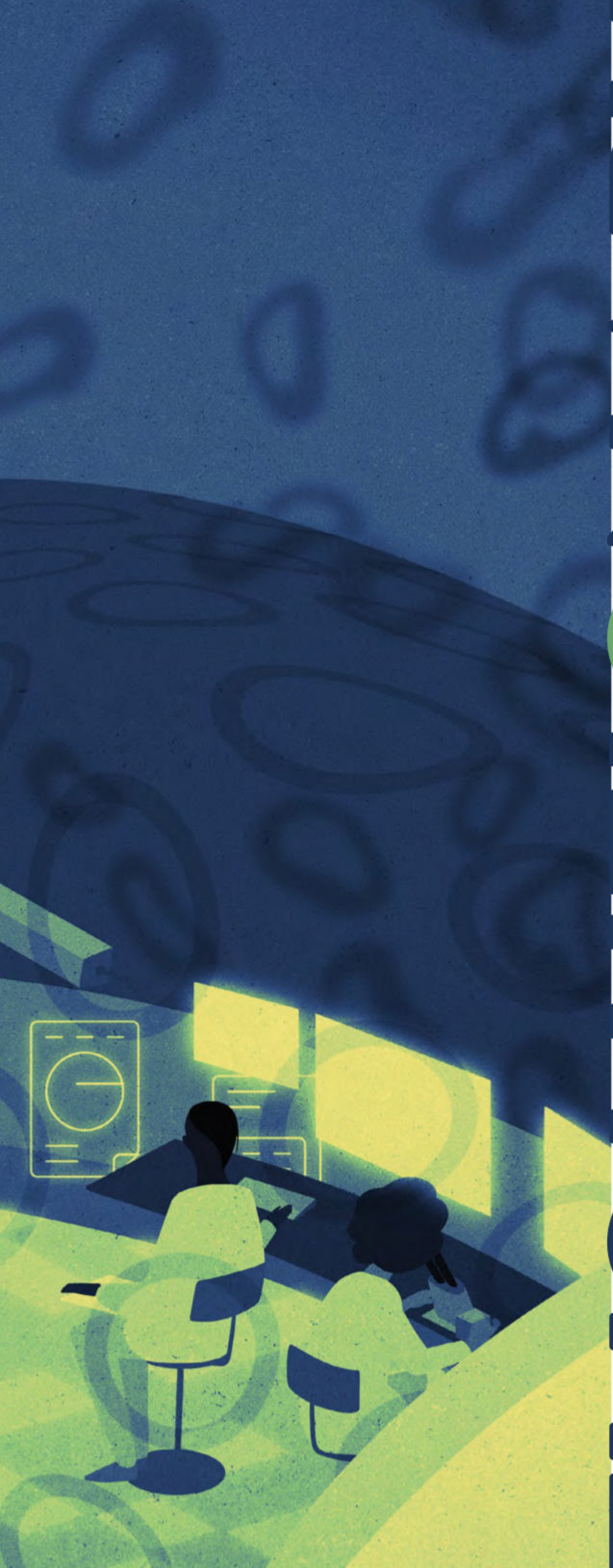

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BY BARBARA O'NEIL
ILLUSTRATIONS BY DANIEL STOLLE

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Colorado oncologists are saving more lives than ever before, while researchers continue to search for ways to save everyone.

During World War II, the U.S. Army began probing mustard gas' various poisons, looking for deadlier weapons. But among the harmful chemical ingredients, researchers discovered nitrogen mustard, a compound that, miraculously, seemed to slow lymphoma. Eventually, doctors figured out a way to deploy nitrogen mustard and similar so-called alkylating agents to damage the DNA of cancer cells, and in 1956, methotrexate, one ingredient of what's now the standard chemotherapy cocktail, helped lead to the first recorded cure of metastatic cancer.

The drive to build on past discoveries continues today as cancer treatments become more specific to individual patients, resulting in improved outcomes and reduced side effects. "Our knowledge of basic science, biology, and biochemistry is what's fueling the successes that we're seeing in the clinic," says Dr. Gerald Falchook, a Denver-based oncologist and the medical director of the Sarah Cannon Research Institute at HCA HealthOne. "When I started this work [more than] 15 years ago, we could test for eight genes to figure out which treatment to give the patient. We thought that was incredible," Falchook says. "Now, we can test for over 300 genes with a fraction of the tissue that we needed before, and we do it in a fraction of the time."

Home to the University of Colorado Cancer Center and the Western States Cancer Research program (two National Cancer Institute–affiliated research organizations) as well as a thriving bioscience industry, the Centennial State is pioneering many of the advancements that are improving outcomes all over the globe. At the same time, a fundraising boom has bankrolled Colorado hospitals' implementation of technologies that are prolonging and saving lives here and now. "Having all of those people in one spot means that there's a lot of science going on here," Falchook says, "which means we can really be successful and change people's lives."

On the following pages, we detail the tangible ways the Centennial State's health care industry has improved treatments for cancer patients, including multidisciplinary care, cutting-edge diagnostics, and tumor-excising lasers. But we also go inside laboratories to peek at the future of oncology. "If I told you I think this research boom will level off, that would be because I have a lack of imagination," Falchook says. "There have been times along the way, even in the last 15 years, where it seemed like there was some technology barrier we couldn't get over, and then someone figured out how to get over that barrier.... I think inflection points are where we see the science take off and get better and

28%

Decline in **cancer mortality rate in Colorado** from 2002 to 2019.

Sarah Cannon Research Institute oncologist Dr. Gerald Falchook

PHOTOGRAPHY BY DANIEL J. BRENNER

CENTERS OF ATTENTION

Local hospitals have recently unveiled oncology hubs stocked with the latest cancer-fighting hardware.

CENTER	OPENED	WHY IT WAS NEEDED	HOW IT WILL HELP
Sarah Cannon Cancer Institute at HCA HealthOne Presbyterian St. Luke's Medical Center and Swedish Medical Center Denver (Presbyterian St. Luke's) and Englewood (Swedish)	**February 2023** (Presbyterian St. Luke's) and **October 2023** (Swedish)	Previously, both **HCA HealthOne hospitals' oncology services were scattered**, meaning patients had to visit one building to see their doctors, another to receive treatment, and another to access support, such as fertility planning and art therapy.	Presbyterian St. Luke's and Swedish **consolidated all cancer care into single buildings** at each campus, investing $20 million in the former's existing facility and adding a 162,000-square-foot center to the latter.
University of Colorado Anschutz Katy O. and Paul M. Rady Esophageal and Gastric Center of Excellence Aurora	**December 2022**	**Esophageal cancer** remains one of the most deadly forms of the disease, with a five-year survival rate of less than 20 percent.	The center's eponymous donors gave $20 million to, in part, **establish an innovation fund**, which Dr. Sachin Wani, executive director of the center, will use to fund research grants. The gift will also pay for the recruitment of elite doctors and researchers, an expansion of CU Cancer Center's clinical trials, and more screenings.
Intermountain Health Lutheran Hospital Comprehensive Breast Center Wheat Ridge	**September 2024**	**The breast cancer incident rate** in Colorado (130.4 per 100,000 people, excluding in situ cases, in which the cancer has not spread beyond the milk ducts) is slightly higher than the national average and has steadily risen over the past two decades.	Starting in January, Lutheran plans to **add bone densitometry, also known as DEXA, scans** to its screening, biopsy, and diagnostic services at its new, larger location. These scans will add to the center's comprehensive care by assessing patients for osteoporosis and other bone-related conditions.

Getty Images (icons)

TREATMENT THROUGH TIME

An abbreviated history of fighting the Big C.

3000 B.C.E.

In the earliest known depiction of cancer treatment, an ancient Egyptian textbook depicts breast tumors being removed by a cauterization tool called a fire drill.

1895

German engineer Wilhelm Conrad Röntgen discovers the X-ray. Within three years, Swedish physicians Tor Stenbeck and Tage Sjogren describe using X-ray radiation therapy to cure skin cancers.

1923

Greek physician Dr. George Papanikolaou invents a screening test for cervical cancers, which becomes known as the Pap smear.

1960

U.S. doctors use methotrexate to bring about long-term remissions and cures in children with leukemia.

2010

The Food and Drug Administration (FDA) approves sipuleucel-T for metastatic prostate cancer, making it the first cancer immunotherapy to hit the market.

2017

Two tests that identify specific genes in tumors get the go-ahead from the FDA, allowing doctors to better target treatments to those cancers' vulnerabilities.

OUTSIDE CITY LIMITS

For rural Coloradans, traveling to Denver for cancer treatment is incredibly inconvenient. Thankfully, cutting-edge care is spreading to less populous parts of the state.

Fighting cancer is a tough task, but people living in Denver have long been able to count on having the best weapons for the battle within a few minutes' reach. That hasn't been the case for rural Coloradans, who sometimes have had to make long treks to Denver or Salt Lake City to receive appropriate care. "You really don't want to get in a car after a heavy dose of chemotherapy," says Chris Thomas, president and CEO of Community Hospital in Grand Junction, "and drive hours back home."

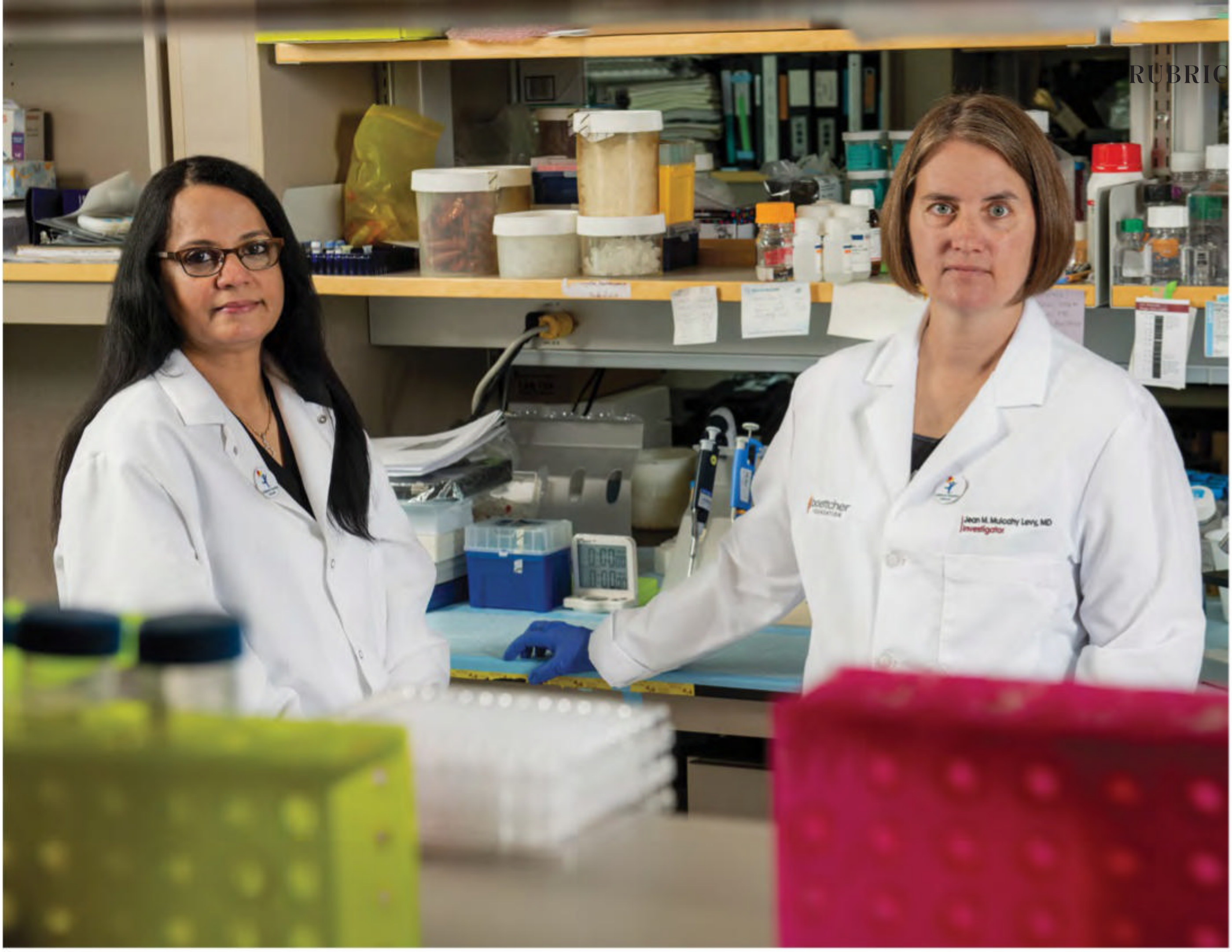
For Coloradans living on the Western Slope and in the southern part of the state, care that had typically only been available in urban areas is finally making its way to the countryside. Thomas' Community Hospital, for example, opened the $54 million James Pulsipher Regional Cancer Center in January 2024. The 130,000-square-foot building not only houses all of Community Hospital's cancer offerings—from its nine oncologists to genetic counseling to clinical trials to a survivorship program—but it was also built for the latest technology, literally. Its floors were poured incredibly thick so that they could host a linear accelerator: a machine that focuses beams of radiation so precisely that they hit a patient's tumor but none of the healthy cells. The center's thick floors were necessary to ensure the powerful rays don't harm people working below. "This is a huge step forward for us, and it means Grand Junction is getting care just like you would get in Denver or in Salt Lake City," Thomas says.

Parkview Medical Center in Pueblo got its own linear accelerator, the first in southern Colorado, when it opened the Parkview Comprehensive Cancer Center (now UCHealth Cancer Center – Pueblo) in October 2022. But Dr. Suraj Singh, medical director of the Pueblo center's radiation oncology department, is equally excited about the guiding principle behind the 47,000-square-foot building's design. "At those big academic centers up in Denver," Singh says, "multidisciplinary care is the way oncology is going." For good reason: A 2017 study in the *Journal of Clinical Pathways* shows that patients felt their care improved by five to eight percent when providers worked across departments to help them heal.

Prior to the Cancer Center's debut, Parkview's oncology offices were spread out, with patients forced to shuttle themselves among oncologists, radiologists, and other services. Now they are all in one building, which has been more convenient for patients and beneficial to doctors, who are able to consult with one another before delivering diagnoses. "Not everyone lives within 20 minutes of Denver," Singh says. "We know that all Coloradans deserve that same high-quality care no matter where they live." Today, they're much closer to receiving it.

20%

Percentage of the **U.S. population that is estimated to live in rural areas,** while only three percent of oncologists practice there, according to the National Cancer Institute.



From left: Sujatha Venkataraman and Dr. Jean Mulcahy Levy

SMART

CAR-T'S NEW ROAD

Researchers have discovered a way to put our own bodies to work battling cancer. Called chimeric antigen receptor T-cell, or CAR-T, therapy, the process involves programming a patient's immune system to seek out malignant cells and destroy them and has been proven effective against blood cancers such as leukemia. Now doctors are hoping to expand its uses to diffuse intrinsic pontine gliomas (DIPG), a rare yet aggressive childhood tumor that typically kills within nine to 11 months of diagnosis. Dr. Jean Mulcahy Levy and research professor Sujatha Venkataraman, both of Children's Hospital Colorado and the University of Colorado School of Medicine, are developing a "smart" CAR-T therapy that has the potential not only to extend life expectancies but also to eradicate DIPG entirely.

5280 Health: Why hasn't CAR-T been effective on DIPG tumors in the past?

Sujatha Venkataraman: CAR-T is engineered to identify antigens, which are present on cancer cells, and kill those cells. This is an effective way to treat blood cancers but not solid tumors like DIPG, because the antigens on solid tumors are also present on normal cells. So our white blood cells can't differentiate between them and would kill normal cells, too.

How is your therapy different?

Venkataraman: What we did was identify two antigens that are present on solid tumor cells but aren't expressed on normal cells. If the CAR-T cell finds only one antigen on a cell, it leaves it alone. We call it "smart" because it knows where to go.

Does it work?

Venkataraman: We treated DIPG-bearing mice with this therapy, and it completely cleared the tumor. Without treatment, the mice live only 30 to 40 days. The [mice we treated] survived for more than 200 days, which is how long they usually live when they're healthy. That's an unprecedented increase in survival. We're now collaborating with other centers that can validate our results. After that, we'll get approval for clinical trials.

What are your expectations?

Mulcahy Levy: I would say the goal for this therapy is not prolongation, it's a cure. Even if a recurrence of the cancer happens, we can give the therapy again.

Could this therapy be expanded to treat more types of solid tumors?

Venkataraman: Different tumors express different antigens. Our current research is just focused on DIPG, but the smart CAR-T therapy can be altered to look for and kill different pairs of antigens, meaning this could eventually treat all kinds of solid tumors.

What's it like working together on this?

Mulcahy Levy: Our offices are right next to each other, so we sit and talk and run ideas past each other. It's funny: The smart CAR-T therapy works best because we've identified those two antigens together to make it work, and that's how I see us. In our field, just chatting in the hallway lets us build ideas off each other. That's where science happens.

Intermountain Health oncologist Dr. Karng Log

LOCK AND KEY

Cancer screenings can feel like medical roulette, but proposed legislation could force insurance companies in Colorado to cover a more precise method.

As far as diagnostics go, the typical blood test you get during your yearly physical is good for indicating that *something* is wrong—just not *what* is wrong. A high amount of white blood cells, for example, could be a sign of a tumor, but it could just as easily mean that you're pregnant. That's why doctors perform other exams, such as CT scans or biopsies, before they can clear a patient or deliver a cancer diagnosis. More screenings mean more time, money, and anxiety. Enter biomarker testing, a specialized form of blood exam that can identify the genes and proteins that are specific to certain cancers.

Originally developed about 30 years ago and popularized in the early 2000s, biomarker tests not only pinpoint malignancies, but they also help doctors select targeted treatments. Dr. Karng Log, an oncologist with Intermountain Health in Golden, compares standard chemotherapy to a battering ram: Doctors inject patients with a stew of chemicals and hope that one or more of the poisons kills the cancer. It's often effective, yet it reaps unintended damage—such as nausea, fatigue, and hair loss—in the process.

Biomarker exams allow doctors to reduce the chemical load. If, say, the test reveals that a patient's colorectal cancer possesses a KRAS mutation, doctors know that the chemotherapy drugs Erbitux or Vectibix will probably be most effective. "The example I like to give is of a lock and a key," Log says. "If you're trying to get into a house and you have a keychain with tons of keys, you need to figure out which one will unlock the door. Biomarker testing lets us figure out which key we need to go in."

The catch? Biomarker testing is much pricier than a standard blood exam, running $1,700 on average for folks who are underinsured or don't have insurance, according to the National Conference of State Legislatures. Although most insurers cover at least some variations of the screening, members of the Colorado House of Representatives introduced a bill in the 2023 regular session that would have forced insurers to pay for every kind of biomarker exam. (Colorado would've become the fifth state to approve such a bill, behind Arizona, Illinois, Louisiana, and Rhode Island.) The legislation didn't make it out of the Appropriations Committee, but an amended version that only applies to large group health benefit plans passed during the 2024 session and went into effect in June.

13%

Glioblastoma patients who reached the five-year mark after receiving DCVax-L, an immunotherapy injection co-developed by Dr. Michael Pearlman, formerly of HCA HealthOne's Swedish Medical Center. Pearlman partnered with hospitals in four countries to treat 331 patients, and though the results of the clinical trial might appear disappointing, the doc is thrilled with the outcome. Why? Because the five-year mark currently sits at 6.9 percent, a number that has remained unchanged for decades. DCVax-L delivered **the largest increase in survival rates in 20 years**, which Pearlman says is "simply extraordinary."

SMALL BUT MIGHTY

Although Boston and San Francisco are regarded as the cancer-fighting capitals of the U.S. biotech and pharmaceutical industries, metro Denver's contributions to the cause shouldn't be overlooked. Here, four local companies that could be on the verge of developing the next big things—or already have.

VONA ONCOLOGY

Location: Aurora
Year founded: 2018

Not only is Vona small (it employs only 10 people), its wonder drug is, too. VDX-431 is made of tiny molecules that can enter cells more easily and is aimed at treating aggressive triple-negative breast cancer. Early tests have been promising: VDX-431 reduced tumors in mice by 80 percent, with minimal side effects, and is expected to enter the clinical trial phase in 18 to 24 months.

FORESIGHT DIAGNOSTICS

Location: Boulder
Year founded: 2020

Foresight's blood tests track the genomic differences between cancer cells and healthy cells and are sensitive enough to detect cancers below one part per million DNA fragments, lower than current liquid biopsy exams. Bottom line: Foresight spots a cancer relapse about 200 days before existing diagnostics do. No wonder the company has raised more than $80 million and is on the verge of FDA approval.

BIODESIX

Location: Louisville
Year founded: 2006

Biodesix manufactures two blood exams, Nodify Lung and IQLung. The former helps physicians determine whether a suspicious lung nodule is benign or not. The latter can identify gene mutations, allowing a care team to pick the best cancer treatment. Both are already being used by independent practices, multistate hospital networks, and "everywhere in between," says Kieran O'Kane, Biodesix's chief commercial officer.

AIGENE

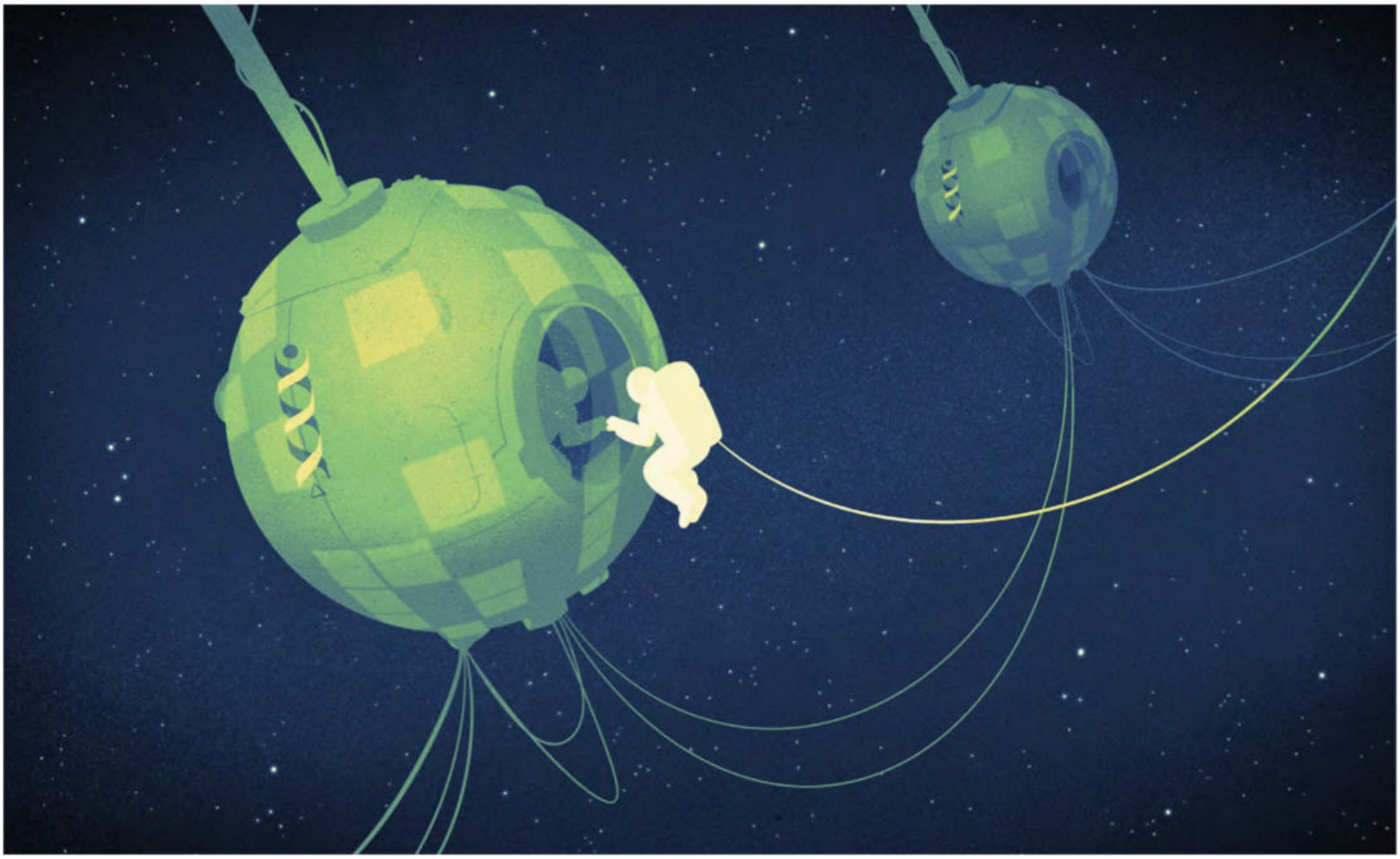
Location: Aurora
Year founded: 2019

Currently, a patient receiving treatment must wait three to six months before a CT scan is able to detect whether a tumor is shrinking—i.e., whether the therapy is working. AIGene, on the other hand, charts changes in DNA and could provide feedback in hours. The technology is years away from reaching the market, but it's promising enough to have warranted a $250,000 grant from Colorado's Office of Economic Development and International Trade in May 2023.

EASING THE TOLL ON YOUR TICKER

Cardio-oncologists are beginning to understand cancer's impact on your heart—and how to mitigate the damage.

The field of cardio-oncology isn't new; it's simply new to you. In the past, physicians in the specialty were confined mainly to research facilities, where they studied cancer's effects on the body's beating center. Among their discoveries: Cancer survivors have a greater chance of developing heart disease because of the powerful drug treatments that coursed through their veins. Today, cardio-oncologists are finally putting their homework into practice. Dr. Chris Fine is the only cardio-oncologist at Denver's National Jewish Health and one of fewer than 100 cardio-oncologists in the country who have been board-certified by the International Cardio-Oncology Society. Fine has begun collaborating with cancer care teams to monitor patients' cardiovascular systems and recommend ways to protect their hearts. That might mean avoiding certain cancer drugs, such as anthracyclines, which can cause left ventricle dysfunction and even congestive heart failure. Fine's most important task, however, is educating his peers. Many primary care physicians still don't realize that their 20-year-old cancer-surviving patient might have the heart of a much older person. "We're just now starting to see ourselves trickle down to work with the actual community itself," Fine says, "which is where I think we're most needed."



SKO BUFFS

Coach Prime might be getting all the attention on campus these days, but researchers at the University of Colorado Boulder deserve a share of the spotlight for their recent contributions to cancer care.

STELLAR CELLS

Stem cells are essentially blank slates—raw materials that can replace malfunctioning cells that cause cancer. Manufacturing them is difficult, though, because Earth's gravity can ruin entire batches of the fragile specimens scientists grow in labs. So, in April 2022, NASA awarded BioServe Space Technologies, a University of Colorado Boulder research program, a $3.3 million grant to figure out a way to produce stem cells in a more forgiving atmosphere: space. The project launched to the International Space Station, where astronauts used BioServe's bioreactor to attempt to produce stem cells.

THE FIX IS OUT

Nausica Arnoult, an assistant professor of molecular, cellular, and developmental biology at CU Boulder, has discovered a protein that is really good at repairing cancer cells—which is really bad for cancer patients. Mending damaged tumors is what allows cancer cells to spread throughout the body. However, Arnoult's research, published in the April 2023 issue of *Molecular Cell*, shows that when the protein, APE2, is suppressed, malignancies sputter and die. It's now up to other scientists to take up her research and develop therapies that would quash cancer's Mr. Fix-It.

CANNABIS RX

After successful breast cancer surgery in 2017, Angela Bryan asked her doctors about using cannabis as a pain reliever. But because cannabis is a Schedule 1 substance and, thus, universities are not permitted to study the drug in trials, there was no data to support pot as a palliative. So Bryan, a professor of psychology and neuroscience at CU Boulder, did the research herself. Released in April 2023, Bryan's study suggests that not only is cannabis effective at reducing pain, but it can also improve long-term cognitive function that sometimes declines because of cancer treatments.

RUFF COMPARISON

At Colorado State University, a doc is writing a dog-treats-man story.

Dr. Doug Thamm works with cancer patients of all shapes, sizes, and, well, breeds. A professor of animal oncology at Colorado State University, Thamm consults for a cancer registry for dogs that allows veterinarians to upload profiles of pups that can then be analyzed by experts looking to better understand how cancer affects canines. And because cancer in dogs behaves similarly to cancer in humans, some oncology researchers have begun studying the registry to identify possible treatments for people. "Comparative oncology is a field that has rapidly expanded over the last couple of decades," Thamm says. "Veterinary medicine can help in the cancer fight more than some might think."

DISMANTLING DISPARITIES

University of Colorado Cancer Center is investigating new ways to bring equal treatment to all Coloradans.

When the omicron variant coursed through the United States in 2022, it affected demographics differently—but predictably. Hispanic, Native American, Black, and Asian populations recorded higher infection rates than white people during the surge, just as they had throughout the COVID-19 outbreak. Those variations laid bare the fact that the health care industry is not immune to discrimination based on race.

That includes oncology. "We see disparities not only in incidence," says Evelinn A. Borrayo, associate director of community outreach and engagement at the CU Cancer Center, "but, more importantly, in mortality." And although the pattern repeats itself across the world, Colorado has unique problems. To name one: Compared with other states, Hispanic residents here suffer higher rates of lung, breast, and colorectal cancers, and though they have guesses, doctors don't know why. So, in 2020, the CU Cancer Center disbursed five grants of $100,000 each to research groups within its system to investigate how to better include all Coloradans in the services it provides.

The results, again, have been mostly predictable. For instance, Dr. Jessica McDermott, deputy associate director of diversity and inclusion in clinical research at the CU Cancer Center, found that Hispanics make up 10 percent of the head and neck cancer diagnoses in Colorado each year but only five to eight percent of such patients served annually by the CU Cancer Center. "Prevention, early detection, and great therapies don't mean much," says Dr. Richard Schulick, director of the CU Cancer Center, "if we're not disseminating those things to our community."

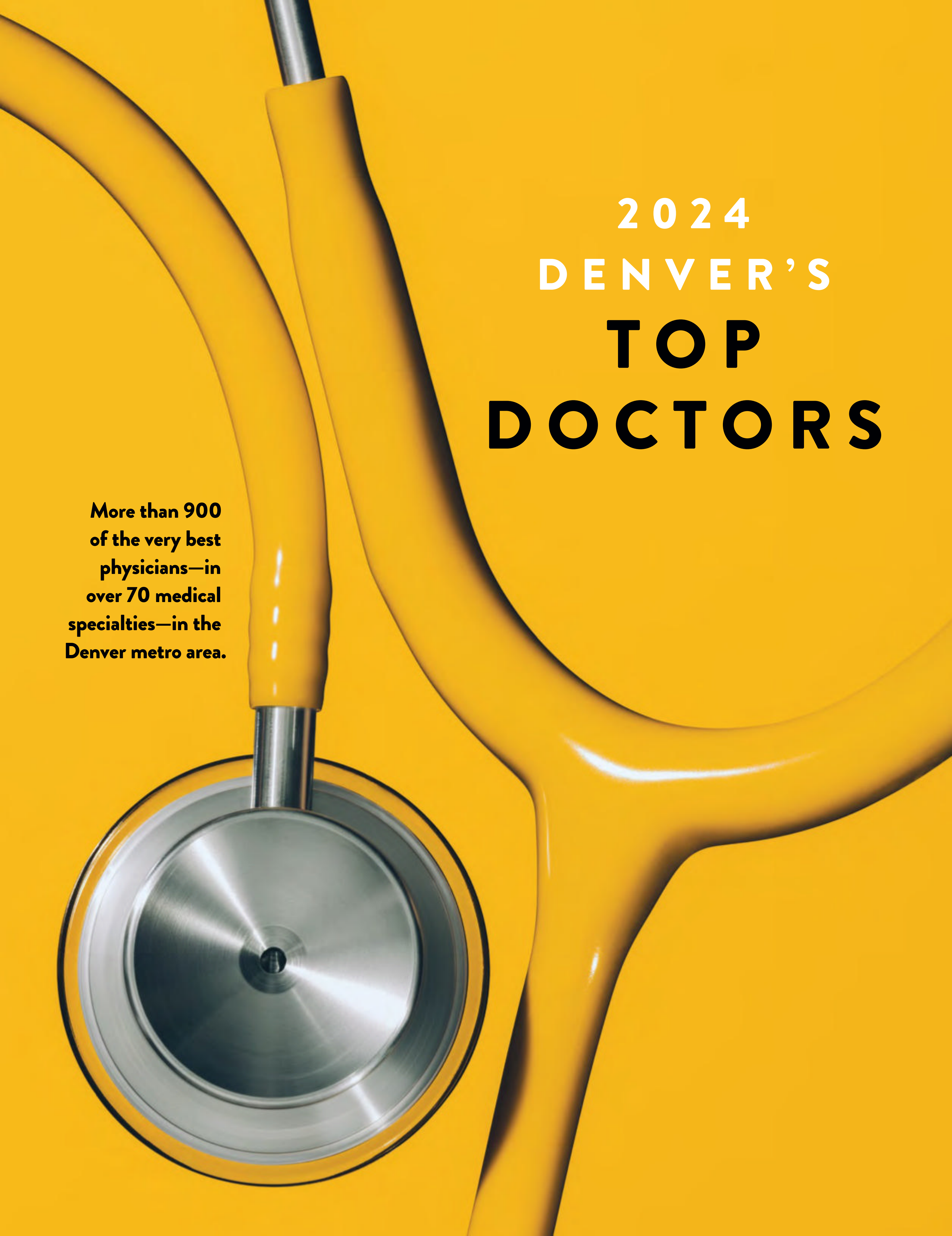
By auditing representation, the center has begun to identify how it can strengthen its ties with vulnerable groups. McDermott has launched a pilot clinic called E3 (Esperanza en Español) that is staffed by bilingual and bicultural health care workers. Pediatric oncologist Dr. Lia Gore of Children's Hospital Colorado (CHC) helped forge a partnership among CHC, Denver Health, and UCHealth to increase access to molecular testing for leukemia in metro Denver and reach more vulnerable populations. Dr. Virginia Borges, the founder and director of the Young Women's Breast Cancer Translational Program and Clinic at the CU Cancer Center, organized interviews with people of color, Spanish speakers, and rural residents to create better educational materials about young women's cancer.

54%

Segment of U.S. women ages 45 and younger **diagnosed with breast cancer** who are Black.

The work is ongoing, but it's already yielding positive results: McDermott says Hispanic participation in head and neck cancer clinical trials at the CU Cancer Center doubled from 2020 to 2022, while Gore points to a Denver Health patient who is now leukemia-free for the first time since his diagnosis. However, Dr. Tejas Patil, who specializes in hematology and thoracic oncology at UCHealth Lung Cancer Clinic and is looking into disparities in lung cancer treatments, admits the research "is going to raise more questions than answers. The solution is going to take multiple stakeholders deciding who deserves access to care." **–SPENCER CAMPBELL**

The CU Cancer Center's Evelinn A. Borrayo



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ABOUT CASTLE CONNOLLY

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Castle Connolly's physician-led team of researchers follows a rigorous screening process to select top doctors on both the national and regional levels. Its online nomination process is open to all licensed physicians in America who are able to nominate physicians in any medical specialty and in any part of the country, as well as indicate whether the nominated physician(s) is, in their opinion, among the best in their region in their medical specialty or among the best in the nation in their medical specialty. Then, Castle Connolly's research team thoroughly vets each physician's professional qualifications, education, hospital and faculty appointments, research leadership, professional reputation, disciplinary history, and, if available, outcomes data. Additionally, a physician's interpersonal skills, such as listening and communicating effectively, demonstrating empathy, and instilling trust and confidence, are also considered in the review process. The Castle Connolly Doctor Directory is the largest network of peer-nominated physicians in the nation. Physicians selected for inclusion in this magazine's "Top Doctors" feature may also appear online at castleconnolly.com, or in conjunction with other Castle Connolly Top Doctors databases online and/or in print.

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CASTLE CONNOLLY TOP DOCTORS 2024

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We shorten the names of hospitals our docs are affiliated with in our listings. Below are our abbreviations and the official names as well as their hospital systems, where applicable.

AURORA – The Medical Center of Aurora—HCA HealthOne
AVISTA – Avista—AdventHealth
BMC – Boulder Medical Center
BROOMFIELD – Broomfield Hospital—UCHealth
CASTLE ROCK – Castle Rock—AdventHealth
CENTENNIAL – Centennial Hospital—HCA HealthOne
CHILDREN'S – Children's Hospital Colorado
CHILDREN'S NORTH CAMPUS – Children's Hospital Colorado North Campus, Broomfield
CHILDREN'S SOUTH CAMPUS – Children's Hospital Colorado South Campus, Highlands Ranch
CRAIG – Craig Hospital
DENVER HEALTH – Denver Health Medical Center
FOOTHILLS – Foothills Hospital—Boulder Community Health
GOOD SAMARITAN – Good Samaritan Medical Center—Intermountain Health
HIGHLANDS RANCH – UCHealth Highlands Ranch Hospital—UCHealth
LITTLETON – Littleton—AdventHealth
LITTLETON PEDIATRIC – Littleton Pediatric Medical Center
LONGMONT – Longmont United Hospital—CommonSpirit
LONGS PEAK – Longs Peak Hospital—UCHealth
LUTHERAN – Lutheran Medical Center—Intermountain Health
NATIONAL JEWISH – National Jewish Health
NORTH SUBURBAN – North Suburban Medical Center—HCA HealthOne
ORTHOCOLORADO – OrthoColorado Hospital—CommonSpirit
PARKER – Parker—AdventHealth
PLATTE VALLEY – Platte Valley Medical Center—Intermountain Health
PORTER – Porter—AdventHealth
PRESBYTERIAN ST. LUKE'S – Presbyterian St. Luke's Medical Center—HCA HealthOne
RMHC – Rocky Mountain Hospital for Children at Presbyterian St. Luke's Medical Center—HCA HealthOne
ROSE – Rose Medical Center—HCA HealthOne
SKY RIDGE – Sky Ridge Medical Center—HCA HealthOne
ST. ANTHONY – St. Anthony Hospital—CommonSpirit
ST. ANTHONY NORTH – St. Anthony North Hospital—CommonSpirit
SAINT JOSEPH – Saint Joseph Hospital—Intermountain Health
SWEDISH – Swedish Medical Center—HCA HealthOne
UNIVERSITY – UCHealth University of Colorado Hospital—UCHealth
VETERANS – Rocky Mountain Regional VA Medical Center—Veterans Affairs Eastern Colorado Health Care System
VETERANS DENVER – Veterans Affairs Eastern Colorado Health Care System Denver

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DENVER'S TOP DENTISTS

2024

Keep your mouth happy with *5280*'s comprehensive list of more than 900 of the best dentists in Denver and beyond.

THE PROCESS

How we come up with the Top Dentists list.

This list is pulled from the 2024 topDentists database, which is created using peer evaluations and includes listings for more than 900 dentists and specialists in Colorado. To create its list, topDentists asked dentists and specialists a personal question: "If you had a patient in need of a dentist, which dentist would you refer him or her to?" The nomination pool comprised all active dentists listed online with the American Dental Association as well as with dental academies and societies. (Dentists could also nominate others who may not be on those lists.) Respondents were asked to consider experience, continuing education, manner with patients, use of new techniques and technologies, and physical results. After the responses were compiled, dentists were checked against state dental boards for disciplinary actions to make sure they have active licenses and are in good standing. We realize there are many fine dentists who are not on this list; a dentist's inclusion is based on the subjective judgments of fellow dentists. For more information, visit usatopdentists.com.

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SPECIALTIES

DENTAL ANESTHESIOLOGY

PAGE 63

Manages pain and anxiety during oral surgery or other dental procedures using general and/or local anesthesia

ENDODONTICS

PAGE 63

Treats issues related to nerves and the inner portions of the tooth; root canals are a common procedure

GENERAL DENTISTRY

PAGE 64

Performs preventive dental care and basic upkeep of teeth, including cleanings and X-rays

ORAL AND MAXILLOFACIAL SURGERY

PAGE 71

Removes impacted teeth (such as wisdom teeth) and performs reconstructive surgeries, like rebuilding broken jaws

ORAL MEDICINE

PAGE 72

Identifies and treats disorders of the mouth like ulcers and growths and performs nonsurgical procedures

ORTHODONTICS

PAGE 72

Modifies bites or coaxes unruly teeth into alignment using braces and other devices

PEDIATRIC DENTISTRY

PAGE 74

Provides therapeutic and preventive care for kids

PERIODONTICS

PAGE 75

Specializes in the periodontium, or supporting tooth structure, and treats gum disease and receding gums

PROSTHODONTICS

PAGE 76

Deals with dentures, dental implants, and bridges as well as complex crown work

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MEDICINE
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5280 TOP DENTIST PROFILES

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GENERAL DENTISTRY

DR. GREG KEENE

17 ***5280* Top Dentist 2024**

We are proud to be celebrating our 25th year practicing as a sole practitioner! Dr. Greg Keene realizes that a beautiful, healthy smile boosts his patients' confidence and promotes self-esteem. That is why he focuses on providing optimal dental care in a comfortable setting. Customer safety is the #1 priority before you even enter the building. Their office is keeping you safe and healthy. "We take the time to develop relationships with our patients and have fun doing it," says Dr. Keene. Dr Keene has been providing high-end cosmetics and dental implants for years and is ready to welcome you to Keene Smiles.

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303.665.5586 | **WWW.KEENESMILES.COM**

GENERAL DENTISTRY

HIGHLANDS RANCH FAMILY DENTISTRY

ERIC T. RYSNER, D.D.S

16 *5280* Top Dentist 2024

B.S., Ergonomics, University of Illinois
D.D.S., Creighton University

ELIZABETH MCINERNEY, D.D.S

4 *5280* Top Dentist 2024

B.S., Molecular Biology, University of Illinois
D.D.S., Creighton University

We are honored and humbled to be recognized by our professional colleagues as a *5280* Top Dentist for the 16th consecutive year! We are a true family practice—Dr. McInerney, Dr. Rysner's niece, joined our team in 2018. We not only graduated from the same institutions, we also share the same treatment philosophy which emphasizes the highest level of patient care in a technology rich environment. We are proud to be leaders with CEREC Primescan digital CAD/CAM which minimizes your time in our office. In just one visit, we can treat, repair, and improve your smile with incredible precision, function, and beauty. For your comfort, we offer flat screen TVs and headphones during treatment, all in a relaxing and modern ski lodge atmosphere. We love being dentists as it lets our family provide your family with personal, honest, professional, and long-term care.

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GENERAL DENTISTRY

DENVER PLACE DENTISTRY

DR. GARY RADZ

18 ***5280* Top Dentist 2024**

D.D.S., University of North Carolina

Dr. Radz and the Denver Place Dentistry team welcome you to Denver's best in cosmetic dentistry. Our convenient downtown office works to ensure that you feel comfortable, receive exceptional care, and leave with a newfound confidence in your smile.

Known internationally for his experience in cosmetic dentistry, Dr. Radz has dedicated his career to studying, practicing, and teaching cosmetic dentistry. His interest in cosmetics has led him to become one of the leading educators in the field of esthetics. Dr. Radz has presented at many regional, national, and international meetings and he has served as program chairman for the annual scientific meeting of the American Academy of Cosmetic Dentistry three times.

DENVER PLACE
DENTISTRY

999 18th Street, South Tower, Suite 1300
Denver, CO 80202
720.821.1531
WWW.DOWNTOWNDENVERDENTIST.COM

GENERAL DENTISTRY

GOLDEN DENTAL SOLUTIONS

DALLAS KENSON, DDS

3 ***5280* Top Dentist 2024**

D.D.S. from University of Michigan
Member of ADA, CDA, MDDS, AADSM

EVELYN QI, DMD

DR. ANDREA LEUNG

Did you know that the WAY you breathe can increase your risk of gingivitis and increase your blood pressure? And did you know that the way your teeth fit together can determine how much enamel wear you'll have in the future? These are just a few items we discuss during your exam to ensure the opportunity for you to achieve optimal oral health. Our patients are well informed individuals who seek the best care in a friendly, comfortable environment. We treat general dentistry needs, headaches, TMJ problems, cosmetic concerns, implants, and sleep apnea when the CPAP isn't tolerable.

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Golden, CO 80401
303.277.9600
WWW.MYGOLDENDENTIST.COM

GENERAL DENTISTRY

BERTAGNOLLI DENTAL

DR. JOHN BERTAGNOLLI

DR. JOE BERTAGNOLLI

16 *5280* Top Dentist 2024

Bertagnolli Dental was founded by Dr. Edward Bertagnolli in 1971. He graduated from Georgetown University in 1969 and served as a dentist in the Vietnam War. Dr. Ed built the practice based on honesty and integrity and has dedicated his career to providing comprehensive and compassionate dental care to all his patients. Bertagnolli Dental is a true family practice; both the practice and the founding values have been passed down from a generation to both of Ed's sons. Dr. John joined his father in 2000 and Dr. Joe followed in 2006. They both graduated top of their dental class from Creighton University. The dentists are award-winning, exceptional, board-certified doctors who use advanced technology including 3D imaging, digital scanning and radiography, and Invisalign to help their patient. All fields of dentistry including implants, intravenous conscious sedation, cosmetic, oral surgery, and preventative are provided. The office is also certified to offer Botox. Bertagnolli Dental is proud to be a provider to Colorado's developmentally disabled population. They have provided dentistry for the developmentally disabled since 1974 and have expanded their care with the addition of Dr. Wiebe MD with Dr. Joe DDS to include sedation services as well as routine care. Dr. Wiebe graduated from the University of British Columbia as a board-certified physician. Together the doctors in both dentistry and medicine are committed to providing a welcoming, comfortable environment for all their patients.

Bertagnolli Dental
EST. 1973

7280 Bradburn Boulevard
Westminster, CO 80030
303.429.6222
WWW.BERTAGNOLLIDENTAL.COM

GENERAL DENTISTRY

BELMAR DENTISTRY

DR. KELLY THOMPSON

6 ***5280* Top Dentist 2024**

Dr. Thompson provides patient-first, collaborative, comprehensive, and compassionate dental care. She is passionate about understanding patient priorities and providing education for clients in order to create a tailored oral health care plan. At Belmar Dentistry, the entire team works to ensure a relaxed and comfortable environment serving patients in general, restorative, preventative, emergency dentistry and oral surgery.

BELMAR DENTISTRY

15 Wadsworth Boulevard
Lakewood, CO 80226 | 303.936.3700
WWW.BELMARDENTISTRY.COM

GENERAL DENTISTRY

METRO SMILES PC

ROBIN ASBURY, DDS **16** ***5280* Top Dentist 2024**

At Metro Smiles, we offer Invisalign®, Zoom®Whitening, Botox® treatment for clenching and gummy smile correction, metal-free fillings, natural-looking crowns/veneers, and more! We create a relaxing, comfortable experience, quality services, and exceptional patient care to people who value smiles as much as we do. Dr. Robin is passionate about facial aesthetics and cosmetic dentistry. She loves helping patients gain confidence through self-improvement and optimal dental health. Dr. Robin has been featured in *5280* magazine Top Dentists from 2009-2024.

Metro Smiles PC

8200 E. Belleview Avenue, Suite 460E
Greenwood Village, CO 80111
303.768.8443 | **WWW.SMILESBYDRROBIN.COM**

GENERAL DENTISTRY

CHATEAUX FAMILY & COSMETIC DENTISTRY

DR. BRANDI BOTTOMS **16** ***5280* Top Dentist 2024**

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17 ***5280* Top Dentist 2024**

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D.D.S. from University of Detroit Mercy School of Dentistry; Orthodontic Specialty Degree from Colorado University

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GENERAL DENTISTRY

LODO DENTAL

NICOLE FURUTA, DDS **12** ***5280* Top Dentist 2024**

LINDSAY FOX, DMD **5** ***5280* Top Dentist 2024**

Conveniently located a block from the 16th Street Mall, Lodo Dental sees patients from throughout the Denver Metro area! As Lodo's first female-owned dental practice, Dr. Furuta and Dr. Fox combine the most modern, proven dental technologies and practices, with an emphasis on comfortably and safely providing the highest level of care. We are now accepting new patients and would love to see your smile!

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303.623.5636 | **WWW.LODODENTAL.COM**

GENERAL DENTISTRY

DR. SUSAN KUTIS

14 ***5280* Top Dentist 2024**

University of Illinois School of Dentistry, University of Colorado General Practice Residency, American Academy of Cosmetic Dentistry, President and Board Member of MDDS, Dawson Academy Alumni, Spear Study Club, American Dental Association, and Colorado Dental Association

Dr. Susan Kutis is humbled to have received the Top Dentist award since 2012, in both Denver and Chicago. This recognition stems from her compassionate care, combined with endless hours spent on continuing education in order to provide her patients with the latest dental techniques in cosmetic and comprehensive care.

BLUE SAGE DENTAL

10354 W. Chatfield Ave., Ste. 100, Littleton, CO 80127
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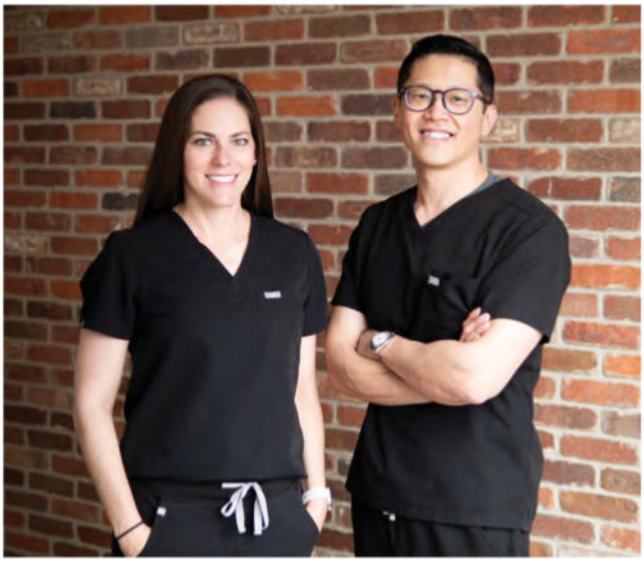

PROSTHODONTICS

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DR. JOHN CHEN **8** ***5280* Top Dentist 2024**

DR. JENNIFER STILL

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GENERAL DENTISTRY

HIGHLANDS RANCH DENTAL CARE

DR. LYNELLE ZABEL 12 *5280* Top Dentist 2024

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GENERAL DENTISTRY

COLORADO SMILE DESIGN

DR. PHILIP WIMPEE

15 *5280* Top Dentist 2024

Dr. Phil Wimpee founded Colorado Smile Design with the primary goal of providing the highest quality dental care in the most comfortable setting possible. Thirty-four years after its beginning, Colorado Smile Design strives to provide the latest in advanced dentistry with genuine friendliness and care.

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THE OVERSIMPLIFIED GUIDE TO:

Shoveling A Sidewalk

Shoveling snow isn't just winter's most tedious task; it's also tailor-made for throwing out your back. To help keep you on the slopes and off the heating pad, Chad Singleton, a personal fitness trainer with CU Anschutz Health and Wellness Center, explains how to turn the chore into a snow day. –NICHOLAS HUNT

1

Protect yourself from injury with regular sets of **squats, lunges, and dead lifts**—three exercises that target your lower body—and planks to strengthen your core.

2

Stretching first will increase your flexibility. It will also help you engage all your muscles instead of favoring—and possibly overusing—certain groups. Singleton likes thoracic spine stretches, wall slides, and toe touches.

3

Engage and tighten your core before each scoop by **taking a deep breath** and holding it. "Imagine standing on a beverage can," Singleton says. "If it's full, it can support you. If it has nothing in it, it will get crushed."

4

Before you slide your shovel into the snow, **bend your knees between 15 and 20 degrees**. Once the spade is full, lift with your legs, making sure to use your glutes, hamstrings, and quads. Exhale as you finish the full motion.

5

Overloading your shovel with snow can strain your back. So can twisting your body to toss the flakes aside. Instead, **point your feet** toward where you want to fling your haul. Repeat until the sidewalk is clear.

ILLUSTRATION BY SIMONE MASSONI

TYPE 1 DIABETES: IT CAN AFFECT ANYONE, AT ANY AGE.

Type 1 diabetes can affect anyone—children or adults—no matter how healthy they are. Unlike type 2, it's not preventable, and its onset can be sudden and life-altering. This autoimmune condition requires daily management and impacts all aspects of life. With advances in research, we're improving lives today and moving closer to a cure. Together, we can build a future free of type 1 diabetes.

KNOW THE SYMPTOMS OF TYPE 1 DIABETES:

- Extreme Thirst
- Frequent Urination
- Bedwetting (Previously Controlled)
- Weight Loss
- Irritability
- Fruity Odor to the Breath
- Exhaustion

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